## OMINALS • ABDOMINALS • ABDOMINALS • ABI

## **Abdominal Crunch**

Lie on your back with your knees bent, hands on your head, crossed on your chest OR straight up in the air. Slowly shorten the distance between your rib cage and hip bone by raising your shoulder blades 1 to 3 inches off the floor. Slowly return to the starting position and repeat 20 times.



